

**Ruston Christian Childcare and Preschool**  
**Menu C**  
**October 19 – September 23, 2009**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b>	French toast Pears Milk	Blueberry muffins Apple slices Milk	Rice chex cereal Orange slices Milk	Wheat waffles Peaches Milk	Cheerios Banana Milk
<b>Lunch</b>	Spaghetti: Elbow noodles, ground turkey, tomato sauce, tomato paste Package season green beans Apple sauce Milk	Chicken pattie Slice of bread Corn Peaches Milk	Fish sticks French fries Slice of bread with margarine Mandarin oranges Milk	Teriyaki Chicken Rice Green beans Diced apple Milk	Tuna sandwich Celery Ranch dressing Fruit cocktail Milk
<b>PM Snack</b>	Cheezits Apple juice	Pretzels Orange juice	Cheerios, Rice chex, Marshmallows Milk	Graham crackers Milk	Goldfish crackers Apple juice

